

3-2-2018

## LVHN Weekly-Pocono

Lehigh Valley Health Network



## EMT Education

Steven Kulick, LVH-Pocono Continuing Education Administrator and Christopher Schierloh, ALS Administrator of West End EMS, held an educational program for 15 local and regional EMS Department EMTs. The program involves and educates EMTs practicing multiple ALS procedures to help the prehospital paramedic with advanced cardiac life support skills and understanding of treatment modalities. Students also experienced demonstrations and hands-on practice skills for advanced cardiac life support processes by using the EMS Simulation Lab at the LVH-Pocono EMS Continuing Education Department.



### POSITIVE PATIENT TESTIMONIAL

“Leslie, in registration in the ER, couldn’t have been more kind and helpful. She was there waiting when I got to my room.”

Where is it at LVH-Pocono?



▲ The answer will be given in the next issue of LVHN Weekly-Pocono. Happy guessing!

▼ Last week's answer



## A Bold Step in Value-Based Care

**Medtronic, the global leader in medical technology, and LVHN have announced a five-year strategic partnership aimed at developing innovative, sustainable and integrated value-based solutions to improve health care outcomes for our patients.** The partnership will create programs that span more than 70 major medical conditions, with the goal of positively impacting as many as 500,000 patients in our community and reducing their cost of care by \$100 million.

The strategic partnership brings together the technological insights and operational efficiency expertise of Medtronic with the clinical expertise of LVHN. It also creates the opportunity for piloting and testing programs, processes and technology at LVHN across multiple disease states with a goal of creating new technologies and services that will drive better outcomes for patients at a reduced cost.

"This agreement is exciting not only for Medtronic and LVHN, but also for the health care industry, by serving as a template for how we can work together to achieve our mutual goals of better clinical and economic outcomes," said Omar Ishrak, Medtronic Chairman and CEO. "By working in partnership, trusting each other and combining our expertise, we will create new models of care that are more connected and coordinated. Ultimately, these value-based programs will contribute to a more sustainable health system and a healthier community."

"As LVHN continues navigating the daunting challenges in today's health care environment, we are actively searching for new approaches and partners for providing better health and better care at a better cost to our community," says Brian Nester, DO, MBA, FACOEP, LVHN President and CEO. "The opportunity to create innovative programs through this first-of-its-kind partnership with Medtronic will enable both organizations to improve patient experiences and outcomes at a reduced cost."

Initial programs will address conditions such as cardiovascular disease, stroke and lung cancer, with additional areas to be identified as the partnership progresses. These are key priorities for the community, due to rising numbers of LVHN patients impacted by and costs associated with these conditions.

Medtronic and LVHN will initially develop programs across 10 to 15 conditions and launch initiatives in three main areas: therapy optimization, episodic care bundles and chronic care management. The programs are designed to deliver improved efficiency, outcomes and patient experience.

Examples of these programs include:

- ▶ **Bariatric surgery:** In general, bariatric programs have a long and complex vetting process. The average length of time from an initial information session to surgery is several months, resulting in an average attrition rate of 70 percent. Medtronic is working with LVHN to create a clear process for patients to learn about bariatric surgery, align staff resources to meet the needs of this growing area, improve provider and patient awareness of the clinical and economic benefits of bariatric surgery, and increase access for patients by making more surgeries available to candidates within LVHN through improving clinical efficiency.



- ▶ **Respiratory compromise:** Patients with hospital-acquired respiratory compromise, often caused by pulmonary edema or pneumonia, on average cost U.S. hospitals approximately \$18,000. Through a clinical protocol, education and training with Microstream™ capnography technology – a noninvasive, continuous measurement of CO2 concentration over time – Medtronic is helping LVHN detect signs of respiratory compromise earlier so clinicians can intervene sooner. The goal is to reduce respiratory compromise-related adverse events by at least 20 percent.
- ▶ **Thoracic oncology:** In its early stages, lung cancer presents few, if any, symptoms. Occasionally, lung nodules are identified as a secondary finding while the patient is being treated or tested for other conditions. Even when lung nodules are identified early, a lack of infrastructure, coordination and capacity to manage identified patients in a timely manner can lead to delays in diagnosis and treatment. Medtronic and LVHN are analyzing data on patients that pass through the health network to build a best-in-class model for the diagnosis and treatment of patients with lung disease. Medtronic's capabilities in imaging, data informatics and image-guided intervention will help LVHN to reduce complications, control costs and maximize optimal treatment in the most efficient and effective manner possible, making a meaningful, positive impact on patient care.

### MEASURING VALUE

A key element enabling the success of the strategic partnership between Medtronic and LVHN will be the development of an innovative data collection and analysis initiative that will allow the two organizations to demonstrate improved outcomes and economic value.

The collaboration will aim to develop, test and validate their data science capabilities. This will require the utilization and application of techniques that will reliably extract data from multiple sources, including LVHN's electronic medical records, for quality evidence generation. This data will be used to measure outcomes and drive implementation and measurability of new solutions aimed at improving health care value.

The most advanced  
clinical trials give you  
**hope.**



## Spreading the Word About Cancer Care

When other networks don't have the cancer treatment options or specialists you need, remember Lehigh Valley Hospital–Pocono makes investments in advanced technologies and has top cancer specialists.

These are just some of the messages in a new marketing campaign you'll be seeing throughout the community. The campaign tells people about the leading-edge care that is available to them close to home at Lehigh Valley Cancer Institute, which is part of LVHN. Here's a sneak peek at some of the new ads. Look for them, and tell your family and friends to encourage people to choose Lehigh Valley Cancer Institute for superior cancer care.

When other networks don't have the treatment options you need, remember Lehigh Valley Hospital–Pocono makes investments in advanced technologies like Edge Radiosurgery.

### Because the best cancer-fighting technologies give you hope.

It's the most advanced cancer treatment technology in Monroe County. And you'll only find it at Lehigh Valley Cancer Institute, part of Lehigh Valley Health Network. Edge Radiosurgery fights cancer with fewer treatments. No incisions, anesthesia or overnight hospital stays – just fewer side effects and better outcomes. After all, as the region's leader in cancer care, it's our responsibility to invest in different technologies to help you fight cancer. Because raising the bar of cancer care means never limiting yourself to just one technology to treat everyone. Delivering world-class technology gives you the hope you need to keep fighting.

For details, visit [LVHN.org/CancerCare](http://LVHN.org/CancerCare) or call 888-402-LVHN.



# Did We Reach Our Goals in February?



**We need your help.** The health network goals we were not meeting in January remain in the red (see chart). We also have work to do to achieve our outpatient experience goal, which we began measuring in January. But if we work together, we can give the people of our community the better health, better care and better cost they expect and deserve, and possibly earn a bonus in the process.

Here are things you can do to enhance our performance, turn our “red” goals “green,” and earn a well-deserved bonus later this year.

## OVERALL

- ▶ Submit your suggestions to the Bright Idea Generator (accessible on the intranet home page) about how we can achieve our goals and make LVHN even better.

## IMPROVE BREAST CANCER SCREENING

- ▶ If you work in an LVPG practice, help women schedule their screening mammogram before they leave the office.
- ▶ Promote preventive screenings to patients, family and friends ages 40-75.
- ▶ Tell women with a MyLVHN account that they can schedule their own screening mammogram on the schedule page without a prescription.

## MEET INPATIENT EXPERIENCE GOALS

- ▶ If you work on a patient care unit, make sure bedside shift report, hourly rounding and nurse director rounding are standard work.
- ▶ Talk with leaders during PRIDE Rounding and share your ideas about ways we can make the patient experience even better.
- ▶ If you're an inpatient unit director or medical director, visit the new HCAHPS data portal. It provides detailed feedback from patient surveys that you can use to develop plans to make our patients' hospital stay even better.

## MEET OUTPATIENT ACCESS GOALS

- ▶ Just say yes and strive to get patients an appointment “today, tomorrow or the next day.”
- ▶ Tell people how easy it is to access care at LVHN and encourage them to see us when they need care.

## OPTIMIZE COST PER PATIENT ENCOUNTER

- ▶ Eliminate non-value added work in all processes and non-value added meetings.
- ▶ Shorten meeting time wherever possible to conserve time to drive continuous improvement, reduce expenses and grow our health network.

# Ask the Doctor: Potassium Deficiency

An LVH–Pocono physician is featured regularly in *The Pocono Record's Ask the Doctor* column. This week's featured caregiver is family physician Alvin Berlot, DO. He received his medical degree from the Philadelphia College of Osteopathic Medicine in Philadelphia and has more than 30 years of experience in medicine.



## **Q. Am I getting enough potassium by adding it to my morning cereal?**

**A.** I'm glad to hear you're including fruit with your breakfast in the morning. While bananas are a great source of nutrients, you cannot get all your daily potassium requirements from eating a single banana. One banana has only about 12 percent of your daily potassium needs. Thus, you would have to eat more than 8 bananas daily. Diet and over-the-counter potassium supplements or prescription pills can also supplement your daily needs.

## **LOW POTASSIUM AND HIGH POTASSIUM HEALTH EFFECTS**

Potassium is an essential mineral and electrolyte and has a vital role in heart function and muscle contractions. Thus, low potassium often causes muscle cramps, such as in the legs of patients taking water pills or diuretics, which tend to deplete one's body of this important mineral.

In the past, a relationship has also been noted between the joint pain in rheumatoid arthritis and low potassium levels. Potassium supplements tend to reduce joint pain.

While you might be concerned with too little potassium, there are illnesses associated with high potassium and most commonly related to acute and chronic kidney disease. This is why it is so important to talk with your primary health care provider.

Potassium also has a vital role to play in heart function. Too much or too little can cause potentially deadly cardiac arrhythmias. Dietary potassium also tends to lower one's blood pressure.

While one banana won't fulfill all your complete potassium needs, it is important to ensure you are eating foods with potassium because it is an essential nutrient that plays a vital role in the functioning of all your body's cells, especially your heart.

## **WHERE TO FIND POTASSIUM**

Potassium can be found in the greatest amounts in squash and sweet and baked potatoes. You can also find potassium in white beans, yogurt, orange juice, broccoli and bananas. In fact, the classic "Dash" diet or dietary approaches to stop hypertension you may have heard of, are based on eating more fruits and vegetables, low- or non-fat meats, fish and dairy, along with nuts, beans and whole grains.

## **HOW TO KNOW YOUR POTASSIUM LEVELS**

I would encourage you to see your primary health care provider. A simple and easily performed blood test, which can be drawn in either a physician's office or nearby clinical lab, can determine if you have either high or low serum potassium levels. Often, test results are available the same day.

## **Thank You, Basket Raffle Committee**

Thank you to the Employee Basket Raffle committee members who worked to make the annual Employee Basket Raffle a success. Their behind-the-scenes efforts helped raise \$6,800 for the Employee Crisis Fund. These proceeds go directly to assist fellow LVH–Pocono colleagues experiencing an unexpected financial emergency. Kudos to committee members Nicole Borger, Denise DuBois, Carol Hunt, Leslie Metzger, Bryan Shepard, Carrie Strohl and Veronica Zichelli.

